



# Couscous Salad

## Ingredients

- 5 cups cooked pearl couscous, cooled
- 1 cucumber, sliced
- 1 cup cherry or grape tomatoes, halved
- ½ red onion, thinly sliced
- ½ cup olives, pitted and halved
- ¼ cup fresh parsley

## Dressing

- ¼ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 TBSP fresh oregano (or 1 tsp dried)
- 1 TBSP lemon juice
- Salt and pepper, to taste

## Directions:

1. To a small bowl, add dressing ingredients; Whisk until well combined
2. To a large bowl, add couscous, olives, cucumber, tomatoes, red onion, and parsley
3. Add dressing and toss to combine
4. Portion into bowls, serve, and enjoy!; Optional to serve with a source of protein like grilled chicken

## Equipment

Large bowl  
Small bowl

Cost: \$ \$

Ease:

**Health Benefit:** Couscous contains carbohydrates for energy. Tomatoes, cucumbers, and onion contain fiber for gut health. Olives are a great source of fat that benefits heart health.